

BONHOMME RICHARD'S ALMANAC

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"I have not yet begun to fight!"



SUSPECTED AUTHOR OF VIRUS HAILED HERO

By Seth Mydans

An editorial in a local paper captured the national mood as a computer student all but admitted creating the "I Love You" program that crippled e-mail systems around the world. "Yes, the Filipino can!" cheered The Manila Standard under the headline, "The country's first world-class hacker." Fellow students swelled with pride at the drab little computer college where Onel de Guzman, 23, had outlined something very close to the virus in a thesis proposal. "It was wrong," conceded one of them, "but amazing!"

After several days in hiding, de Guzman appeared at a news conference and admitted that "it is possible" that he had unleashed the program that caused tens of millions of dollars of damage in more than 20 countries.

Hiding behind dark glasses and sometimes burying his face in his hands, de Guzman said he had been fooling around with fellow students in an informal club and had only wanted to create "a gimmick" — a term used among young people for an event that is exciting and fun. His lawyer, Rolando Quimbo, who often translated his mumbled answers into full sentences, said the young man had come forward to demonstrate that he was not hiding from the law. He added: "He is not really aware that

the act imputed to him was done by him."

This befuddlement seemed telling as this low-tech country finds itself the epicenter of an international furor. Computers play so little role there that the Philippines has never seen the need to write any laws governing the Internet. It will take some legal creativity to prove that the creator of the virus even committed a crime.

HELLO, OPERATOR? I'D LIKE TO PLACE A CALL



Interior Communications Electrician Third Class Nathan Johnson and Interior Communications Electrician Fireman Eric Duffin troubleshoot to find the problem with a circuit J telephone. (Photo by JO1(SW) Robert W. Garnand.)

NATIONAL NEWS

AIDS DRUGS CHEAPER FOR POOR NATIONS

By Donald G. McNeil Jr.

Five pharmaceutical companies offered to negotiate steep cuts in the price of AIDS drugs for Africa and other poor regions afflicted by the disease.

The announcement of negotiations, to be held with the World Health Organization and other aid groups, followed mounting pressures on the companies. Included was a personal appeal from the U.N. Secretary-General Kofi Annan, at a special session on AIDS in December, to make their therapies more accessible in Africa, Asia and other regions devastated by the epidemic.

Some 50 million poor people in developing nations are infected with HIV, the virus that causes AIDS. In parts of Africa, government health budgets can be as little as \$10 a person a year, and treatment programs are hard to carry out, even among people who acknowledge having the disease.

Though only one company, Glaxo

Wellcome, spoke of any specific prices, the companies were expected to agree to cuts of 80 percent and more below their U.S. prices. Drug treatments used in the United States, most commonly the triple-therapy "cocktails" that suppress the replication of HIV, can cost up to \$15,000 a year.

The companies in the agreement are Bristol-Myers Squibb and Merck, both of the United States; Boehringer Ingelheim of Germany; Glaxo Wellcome of Britain, and Hoffmann-La Roche of Switzerland.

STOCK MARKET

The Dow Jones industrial average was up 178.19 points, or 1.7 percent, to 10,545.97. The Nasdaq composite index jumped 114.85 points, or 3.4 percent, to 3,499.58. The Standard & Poor's 500-stock index increased 24.76 points, or 1.8 percent, to 1,407.81.

BONHOMME RICHARD'S ALMANAC

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SUNDAY'S STE TV SCHEDULE

CHANNEL 2

1030 JUST SHOOT ME

1100 FLUBBER

1600 GONE WITH THE WIND

2000 XO MANIA

2100 WATERBOY

2230 VOLCANO

CHANNEL 6

1030 KIANA'S FLEX APPEAL

1100 BATMAN RETURNS

1600 SPEED 2: CRUISE CONTROL

1800 RED CORNER

2000 XO MANIA

2100 HAPPY TEXAS

2230 RUSH HOUR

TV SCHEDULE SUBJECT TO CHANGE
DUE TO OPERATIONAL COMMITMENTS

INTERNATIONAL NEWS

RUSSIAN AGENTS RAID MEDIA EMPIRE'S OFFICES

By Celestine Bohlen

Federal agents wielding guns and wearing black masks staged a raid on the downtown headquarters of Russia's largest private media empire, raising alarms among politicians and journalists about the prospects for an independent press under President Vladimir Putin.

The corporate offices of Media-MOST, a holding company that has been in and out of political favor with the Kremlin for years, controls influential radio and television stations as well as a newspaper, a news magazine and other publications. They were still being searched as top law enforcement officials issued conflicting statements on the purpose of the criminal investigation.

MOST officials condemned the action as a crude attempt at political intimidation against a media group that had already been isolated by the Kremlin in recent months for taking a critical view of Putin, some members of his administration and the conduct of the war in Chechnya.

"It is obvious that what is going on is a factor of political pressure," said Vladimir Gusinsky, president and founder of Media-MOST, who flew back to Moscow from Israel to handle the crisis. "It is simply a pity that just a few days after

the new president of Russia took office, the president on whom many people pin hope for a rebirth of the country, it looks like everything is going backwards, the same masks, the same special services, the same witch hunting."

SPORTS

BASEBALL SCORES:

Tampa Bay	1	NY Yankees	0
Cleveland	16	Kansas City	0
Boston	11	Baltimore	4
Milwaukee	14	Chi. Cubs	8
Cincinnati	11	San Diego	9
Florida	5	Atlanta	4
Philadelphia	6	Montreal	4
NY Mets	3	Pittsburgh	2

BASKETBALL SCORES:

Portland 103 Utah 84

(Portland leads series 3-0)

DAVIS LOVE TAKES LEAD AT NELSON

By Associated Press

Winless in his last 53 starts on the PGA Tour, Davis Love III decided to stop being so obsessed with beating Tiger Woods or anyone else and start concentrating on playing good golf.

The first round of the Byron Nelson Classic proved to be quite a test. On a day of hot, whipping winds that bewildered Woods, Love holed a 40-foot chip and a couple of 30-foot putts for a 4-under-par 66 on the TPC at Las Colinas to share the lead with Blaine McCallister.

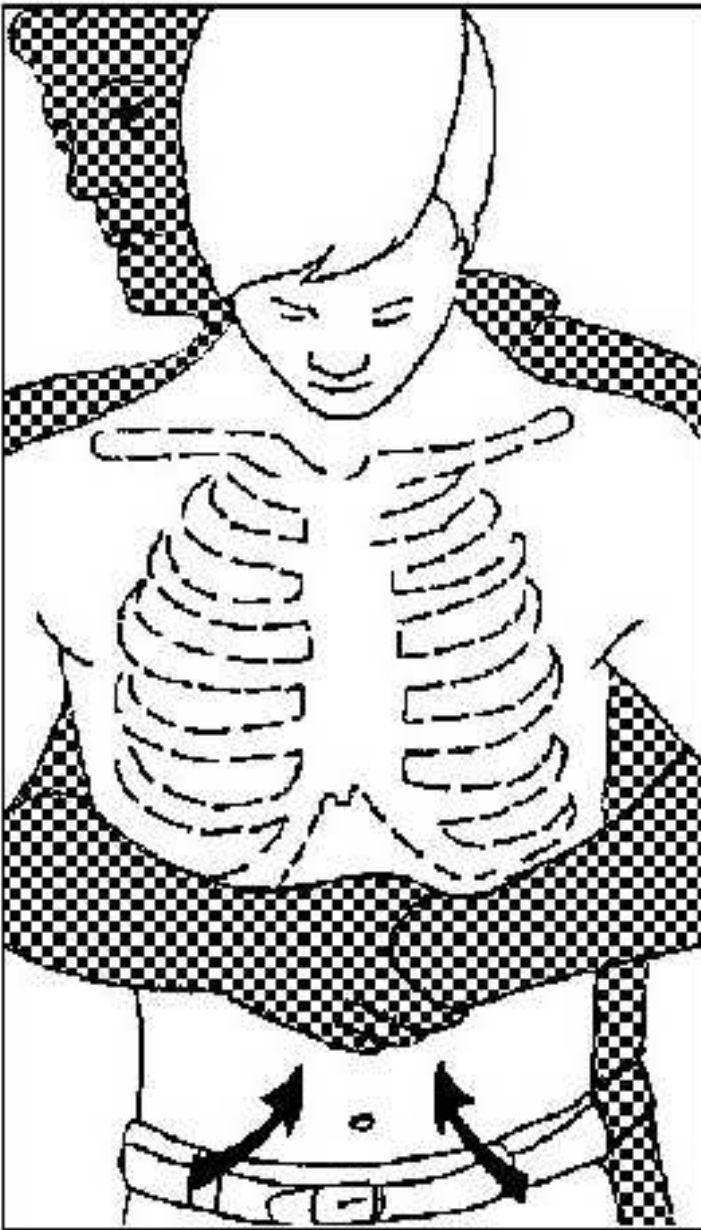
Among those two strokes back were two-time U.S. Open champion Lee Janzen and Sergio Garcia. Masters champion Vijay Singh was at 69.

CONGRATULATIONS

ENLISTED AVIATION
WARFARE SPECIALIST
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HEALTH PROMOTIONS DEPARTMENT

THE HEIMLICH MANEUVER



Give a sudden jerk at a 45-degree angle. Quickly repeat this upward abdominal thrust 6 to 10 times until successful.



TYPES OF FAT

High total fat intake, especially saturated, and not dietary cholesterol is the major dietary factor that raises blood cholesterol.

Saturated:

- Tends to raise blood cholesterol levels
- Found primarily in animal fats such as:
Butter, cream, lard, beef fat, chicken fat, bacon
- Tropical oils (palm and coconut)
- Usually solid at room temperature

Mono-unsaturated

- Tends to lower blood cholesterol
- Found in vegetable oils such as olive oil, peanut, avocados, canola and in many fish oils.

Poly-unsaturated

- Tends to lower blood cholesterol
- Found in vegetable oils such as, safflower, corn, sunflower, soybean, sesame, and cottonseed oil.

SATURATED FATS

When replacing saturated fat (butter, cream, and tropical oils), the best approach is to use another acceptable fat, such as olive oil, nut oil, canola oil, or avocado oil. Although this may create a psychological block for the chef trained to use butter and cream, it is important to remember that by developing the flavors from other ingredients, the dish may not require butter and cream. If it does, limit the quantity you use.